

Cookbook for Test High School 2

Created by HPS Menu Planner

Table of Contents

Beans Baked MTG

Beans Green Sesame MTG

Bowl Asian Mashed Potato MTG

Calzone Three Cheese MTG

Cauliflower Parslied MTG

Cavatini Cowboy MTG

Fajita Turkey Honey Lime MTG

Fries Sweet Potato Crinkle MTG

Fruit & Cheese Kabob MTG

Hamburger Deluxe MTG

Hot Dog on WG Bun MTG

Ravioli w/Sauce MTG

Rolls Mini Cinnamon MTG

Salad Cucumber Creamy MTG

Salad Mixed Green MTG

Scoops Fiesta

Salad Spinach Side MTG

Sandwich Bagel Turkey & Chs MTG

Sandwich Turkey Burger MTG

Taco Walking MTG

Toasted Cheese Sandwich

WGrain Mini Strawberry WGrain MTG

Chicken Wings Boneless WGrain

Turkey & Cheese Sub on Pretzel Bun

Beef & Cheese Nachos

Rolls (Yeast)

Marinated Cole Slaw

Eggs Scrambled USDA

Sun Butter Hummus

Chicken Wings

Sausage Egg Biscuit

Strawberry Chocolate Parfait

Cereal Bar & String Cheese

HAMBURGER

Woodford Salad

Ham & Cheese Sandwich

Macaroni Pasta Salad

Cheesy Bean Twister Sandwich

Chicken Patty Sandwich

Scrambled Eggs

Beef Taco

Salad Cucumber Creamy MTG

Bagel and Cream Cheese

Beans Baked MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-93 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| BEAN BAKED 6-10 BUSH | 4 Gallon | | 520098 |

Preparation Instructions

WASH HANDS.

1. Open can and pour beans into steam table pan(s).
2. Heat through.
3. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135oF.

,Child Nutrition: 1/2 cup provides= 1/2 cup beans/peas

,Updated December 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.64 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|----------------------|----------|
| Calories | 179.20 |
| Fat | 1.28g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 704.00mg |
| Carbohydrates | 37.12g |
| Fiber | 6.40g |

| | | | |
|------------------|---------|------------------|--------|
| Sugar | | | 15.36g |
| Protein | | | 7.68g |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 51.20mg | Iron | 2.30mg |

Beans Green Sesame MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-94 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|------------------|---|------------|
| BEAN GREEN BUSHEL 26 P/L | 30 Cup | +/- 10 lbs | 857424 |
| OIL SESAME PURE 10- 56Z ROLN | 1 1/4 Tablespoon | SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way. | 348630 |
| OIL OLIVE PURE 4-3LTR GFS | 1 1/4 Tablespoon | | 432061 |
| SALT SEA 36Z TRDE | 2 Teaspoon | | 748590 |
| SPICE SESAME SEED HULLED 19Z TRDE | 1 1/4 Tablespoon | | 513806 |

Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 13.23 | | |
| Fat | 0.41g | | |
| SaturatedFat | 0.08g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 45.98mg | | |
| Carbohydrates | 2.40g | | |
| Fiber | 0.90g | | |
| Sugar | 1.20g | | |
| Protein | 0.60g | | |
| Vitamin A | 227.70IU | Vitamin C | 4.03mg |
| Calcium | 12.21mg | Iron | 0.34mg |

Bowl Asian Mashed Potato MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-95 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|--|------------|
| POTATO MASHED FRSH 4-6 GFS | 200 1/2 Cup | | 578754 |
| BEEF DIPPERS WONDER BITE 400-.7Z PIER | 400 Each | BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate | 770817 |
| PEPPERS RED DCD 3/8 2-3 RSS | 300 Ounce | | 581992 |
| BROCCOLI FLORET 100-2Z MI LOCAL | 3 1/4 Gallon | | 699673 |

Preparation Instructions

WASH HANDS.

,1. Cook potatoes according to recipe/package instructions.

,2. Bake the beef according to manufacturer instructions.

,CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

,3. Steam or saute the bell peppers until tender.

,4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.

,5. Serve warm.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange

vegetable, and 1/2 c. dark green vegetable

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-----------------------------|---------------------------|
| Calories | 264.00 |
| Fat | 8.60g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 428.40mg |
| Carbohydrates | 36.00g |
| Fiber | 5.80g |
| Sugar | 22.00g |
| Protein | 15.60g |
| Vitamin A 12099.28IU | Vitamin C 697.68mg |
| Calcium 56.72mg | Iron 3.66mg |

Calzone Three Cheese MTG



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-96 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| CALZONE 3CHS WGRAIN 60-4.69Z GILARDI | 100 Each | | 658591 |

Preparation Instructions

Directions:

,0: Wash hands.

,1: 1. Thaw under refrigeration.

,2: 2. Spray with non-stick cooking spray before baking for a softer crust.

,3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

, Notes:

| SLE Components | |
|--------------------|------|
| Amount Per Serving | |
| Meat | 4.00 |
| Grain | 4.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.26 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

| Nutrition Facts | |
|-----------------------------|----------|
| Servings Per Recipe: 100.00 | |
| Serving Size: 1.00 Serving | |
| Amount Per Serving | |
| Calories | 250.00 |
| Fat | 5.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 430.00mg |
| Carbohydrates | 33.00g |
| Fiber | 4.00g |

| | |
|-------------------------|-------------------------|
| Sugar | 4.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 410.00mg | Iron 2.70mg |

Cauliflower Parslied MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-97 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CAULIFLOWER 6-4 GFS | 30 Cup | +/- 17 lbs | 610882 |
| BUTTER PRINT UNSLTD GRD AA 36-1 GFS | 3/4 Cup | | 299405 |
| SPICE PARSLEY FLAKES 11Z TRDE | 3/4 Cup | | 513989 |

Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

SLE Components

Amount Per Serving

| | |
|-------------|------|
| Meat | 0.00 |
|-------------|------|

| | |
|-----------------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
 Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|--------|
| Calories | 18.00 |
| Fat | 1.32g |
| SaturatedFat | 0.84g |
| Trans Fat | 0.00g |
| Cholesterol | 3.60mg |
| Sodium | 6.00mg |
| Carbohydrates | 1.20g |
| Fiber | 0.60g |
| Sugar | 0.60g |
| Protein | 0.60g |

| | | | |
|------------------|--------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.70mg | Iron | 0.00mg |

Cavatini Cowboy MTG



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-98 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|--------------|---|------------|
| PASTA PENNE PLUS 2-10 BARILLA | 1 Ounce | BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes | 551321 |
| BEEF GRND 80/20 3-10 GFS | 17 Pound | | 158704 |
| SAUCE TOMATO MW 6-10 GCHC | 2 1/2 Gallon | | 306347 |
| SEASONING ANCHO CHILI 21Z TRDE | 1/4 Cup | | 748570 |
| CHEESE MOZZ 2 SHRD FTHR 4-5 PG | 4 3/4 Cup | | 421812 |

Preparation Instructions

- Wash Hands.
- ,1. Brown beef and drain.
 - ,CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.
 - ,2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.
 - ,3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.
 - ,4. Sprinkle with mozzarella cheese.
 - ,5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.
 - ,6. Serve hot with 6z Spoodle
 - ,
 - ,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.
 - ,6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

,
, Updated January 2016

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.92 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 245.35 |
| Fat | 16.11g |
| SaturatedFat | 6.79g |
| Trans Fat | 1.02g |
| Cholesterol | 54.80mg |
| Sodium | 579.23mg |
| Carbohydrates | 8.38g |
| Fiber | 1.62g |
| Sugar | 4.81g |
| Protein | 15.47g |
| Vitamin A 838.00IU | Vitamin C 3.84mg |
| Calcium 41.90mg | Iron 2.39mg |

Fajita Turkey Honey Lime MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-99 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|------------------|-------------------|------------|
| TURKEY BRST OVN RST 2-8AVG BRICK | 18 3/4 Pound | | 848786 |
| OIL SALAD VEG SOY CLR NT 6-1GAL GCHC | 1 Cup | | 292702 |
| HONEY CLOVER 4-6 GFS | 1/2 Cup | | 225614 |
| JUICE LIME FRSH 1-32FLZ NAT BRANDS | 1/2 Cup | | 541711 |
| SPICE CHILI POWDER MILD 16Z TRDE | 1 3/8 Tablespoon | | 331473 |
| SPICE GARLIC POWDER 21Z TRDE | 1 3/8 Tablespoon | | 224839 |
| ONION SPANISH COLOSS 50 MARKON | 20 Ounce | | 198706 |
| PEPPERS GREEN LRG 5 MRKN | 5 Cup | | 592315 |
| TORTILLA FLOUR ULTRGR 6 30-12CT | 200 Each | | 882690 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE & DRAIN WELL.

- ,1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
- ,2. Place turkey strips into steam table pan.
- ,3. Add oil, honey, lime juice, chili powder, & garlic powder.
- ,4. Mix well to combine.
- ,5. Cover & marinate in the refrigerator for 2-3 hours.
- ,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake,

uncovered, in 325°F convection oven for 25-30 minutes.

,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

,8. Warm tortillas in a warmer or steamer.

,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

,CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

,Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

,Updated October 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.50 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.05 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 299.19 | | |
| Fat | 8.01g | | |
| SaturatedFat | 3.36g | | |
| Trans Fat | 0.04g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 740.24mg | | |
| Carbohydrates | 33.96g | | |
| Fiber | 4.22g | | |
| Sugar | 5.21g | | |
| Protein | 20.63g | | |
| Vitamin A | 27.68IU | Vitamin C | 6.70mg |
| Calcium | 42.05mg | Iron | 2.02mg |

Fries Sweet Potato Crinkle MTG



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-100 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|-------------------|------------|
| FRIES SWT POT DP GROOVE 7/16 6-2.5 | 19 3/4 Pound | | 628100 |

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 17 oz svg = 1/2 c. red/orange vegetable

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.50 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|----------------------|-----------|
| Calories | 119.62 |
| Fat | 4.49g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 179.43mg |
| Carbohydrates | 16.95g |
| Fiber | 2.99g |
| Sugar | 4.98g |
| Protein | 1.99g |
| Vitamin A | 3488.96IU |
| Vitamin C | 2.39mg |

Calcium 19.94mg **Iron** 0.36mg

Fruit & Cheese Kabob MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-101 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|--------------|-------------------|------------|
| STRAWBERRY CLAMSHELL 8 MRKN | 1 3/4 Gallon | | 212768 |
| GRAPE RED SDLSS 5 P/L | 1 5/8 Gallon | | 596914 |
| MELON MUSK CANTALOUPE 12CT MFC | 25 Cup | | 200565 |
| CHEESE COLBY JK CUBED 6-1 GCHC | 6 1/4 Pound | | 471461 |

Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.25 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|---------|------------------|----------|
| Amount Per Serving | | | |
| Calories | 46.07 | | |
| Fat | 0.30g | | |
| SaturatedFat | 0.11g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.47mg | | |
| Sodium | 9.59mg | | |
| Carbohydrates | 11.65g | | |
| Fiber | 0.79g | | |
| Sugar | 10.45g | | |
| Protein | 0.69g | | |
| Vitamin A | 48.65IU | Vitamin C | 132.39mg |
| Calcium | 12.92mg | Iron | 0.16mg |

Hamburger Deluxe MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-102 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BEEF PTY CKD W/SOY CN 90-2.5Z GFS | 100 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GFS | 100 Each | | 517810 |
| TOMATO 6X6 LRG 10 MRKN | 20 Cup | 1 Slice | 199001 |
| LETTUCE ICEBERG FS 4-6CT MRKN | 100 Ounce | 1 Leaf | 307769 |
| KETCHUP PKT 1000- 9GM FOH CRWNCOLL | 100 Package | | 571720 |
| MAYONNAISE LT 4- 1GAL GFS | 1 5/8 Quart | | 429406 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.10 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 352.07 | | |
| Fat | 16.10g | | |
| SaturatedFat | 5.02g | | |
| Trans Fat | 1.00g | | |
| Cholesterol | 45.24mg | | |
| Sodium | 487.98mg | | |
| Carbohydrates | 37.49g | | |
| Fiber | 7.44g | | |
| Sugar | 8.02g | | |
| Protein | 17.32g | | |
| Vitamin A | 399.88IU | Vitamin C | 4.93mg |
| Calcium | 93.60mg | Iron | 2.98mg |

Hot Dog on WG Bun MTG



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-103 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BUN HOT DOG WHEAT WHL 12-12CT GFS | 100 Each | | 517830 |
| FRANK TKY/BEEF R/SOD 8/ 4-5 KE | 100 Each | | 570662 |
| KETCHUP PKT 1000-9GM FOH CRWNCOLL | 100 Package | | 571720 |

Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,Updated January 2016

,

SLE Components

Amount Per Serving

| | |
|--------------|------|
| Meat | 1.50 |
| Grain | 1.50 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 260.00 |
| Fat | 12.50g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 50.00mg |
| Sodium | 500.00mg |
| Carbohydrates | 28.00g |
| Fiber | 4.00g |
| Sugar | 7.00g |
| Protein | 11.00g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 110.67mg | Iron | 1.60mg |

Ravioli w/Sauce MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-104 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|--|------------|
| PAN COAT SPRAY 6-21Z GFS | 1 Each | Spray to Coat | 405170 |
| RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN | 300 Each | BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. | 553982 |
| SAUCE SPAGHETTI NO SALT 6-106Z PREGO | 1 1/2 Gallon | | 416096 |

Preparation Instructions

WASH HANDS.

,1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.

,2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

,3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

,Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| | |
|---------------------------|-------------------------|
| Amount Per Serving | |
| Calories | 218.40 |
| Fat | 4.44g |
| SaturatedFat | 1.74g |
| Trans Fat | 0.00g |
| Cholesterol | 50.00mg |
| Sodium | 489.20mg |
| Carbohydrates | 28.28g |
| Fiber | 2.44g |
| Sugar | 4.84g |
| Protein | 15.96g |
| Vitamin A 344.00IU | Vitamin C 0.58mg |
| Calcium 169.20mg | Iron 1.60mg |

Rolls Mini Cinnamon MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-105 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| ROLL MINI CINNIS IW 72-2.29Z PILLS | 100 Package | BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 894291 |

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

,2. Place pouches on single layer on baking sheet.

,3. Heat for 5-7 minutes for convection oven; heat for 10-12 minutes for conventional oven.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

,4. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Serving: 1 each provides 2 oz eq grains

,Updated: 12/15/2014

SLE Components

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 2.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 240.00 |
| Fat | 7.00g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 270.00mg |
| Carbohydrates | 39.00g |
| Fiber | 2.00g |
| Sugar | 15.00g |
| Protein | 5.00g |

| | | | |
|------------------|---------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 1.44mg |

Salad Cucumber Creamy MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-106 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|---------------|-------------------|------------|
| MAYONNAISE LT 4-1GAL GFS | 3 Quart | | 429406 |
| VINEGAR WHT DISTILLED 5 4-1GAL GFS | 1 Cup | | 629640 |
| SPICE DILL WEED 5Z TRDE | 1/2 Cup | | 513938 |
| SPICE PEPR WHITE GRND 17Z TRDE | 1 Teaspoon | | 513776 |
| SPICE ONION MINCED 12Z TRDE | 1/2 Cup | | 513997 |
| SUGAR CANE GRANUL 25 GFS | 11 Tablespoon | | 108642 |
| CUCUMBER SELECT SUPER 45 MRKN | 64 Cup | +/- 22 lbs | 198587 |

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.32 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 57.93 | | |
| Fat | 1.98g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 19.19mg | | |
| Sodium | 96.61mg | | |
| Carbohydrates | 10.28g | | |
| Fiber | 0.19g | | |
| Sugar | 3.88g | | |
| Protein | 0.19g | | |
| Vitamin A | 34.94IU | Vitamin C | 0.93mg |
| Calcium | 5.32mg | Iron | 0.10mg |

Salad Mixed Green MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-107 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|--------------|-----------------------|------------|
| LETTUCE ROMAINE 24CT MRKN | 10 1/2 Pound | +/- 100 Shredded Cups | 305812 |
| TOMATO 6X6 LRG 10 MRKN | 8 1/2 Cup | +/- 7 lbs | 199001 |
| CUCUMBER SELECT SUPER 45 MRKN | 30 Cup | +/- 10 lbs | 198587 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

SLE Components

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.09 |
| OtherVeg | 0.15 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|--------|
| Calories | 13.49 |
| Fat | 0.06g |
| SaturatedFat | 0.01g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 1.07mg |
| Carbohydrates | 2.88g |
| Fiber | 1.12g |
| Sugar | 0.73g |
| Protein | 0.23g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 143.83IU | Vitamin C | 2.53mg |
| Calcium | 20.83mg | Iron | 0.39mg |

Scoops Fiesta

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-128 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 100 Package | | 696871 |
| TACO FILLING BEEF 4-5 GFS | 11 1/4 Pound | | 776548 |
| BEAN PINTO 6-10 GFS | 1 5/8 Gallon | | 261475 |
| BEAN KIDNY RD DK LO SOD 6-10 P/L | 1 5/8 Gallon | | 598002 |
| CARROT JUMBO 10 P/L | 25 Cup | | 592293 |
| TOMATO ROMA DCD 3/8 2-5 RSS | 1 5/8 Ounce | | 786543 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1 5/8 Gallon | | 451730 |
| CHEESE CHED MLD SHRD FINE 4-5 GCHC | 6 1/4 Cup | | 191043 |

Preparation Instructions

Wash Hands

,Wash all fresh, unpackaged produce under running water. Drain well.

,1. Mix together meat, beans, carrots and tomatoes.

,CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.

,2. Pour contents of an .875 oz. bag of Baked Tositos Scoops on a serving plate. Add 1 3/8 cup of the chili mixture, and cover with shredded cheese, lettuce and other desired toppings.

,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

,Optional: Create a walking taco by serving the chili mixture and toppings (cheese, lettuce and optional toppings) in the .875 oz bag of Baked Tostitos Scoops. Pull open the bag from the top or cut open along one

,side and spoon in chili mixture and add toppings.

,1 Serving provides: 1.25 oz eq grain, 1.5 oz meat/meat alternate, 1/2 cup red/orange vegetable, 1/2 cup beans/legumes vegetable and 1/8 cup dark green vegetable

,Updated March 2012

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.70 |
| Grain | 3.05 |
| Fruit | 0.90 |
| GreenVeg | 3.60 |
| RedVeg | 4.50 |
| OtherVeg | 0.00 |
| Legumes | 7.20 |
| Starch | 0.90 |

Nutrition Facts

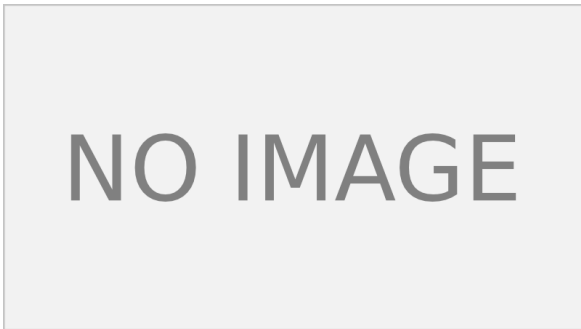
Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------------|-------------------------|
| Calories | 341.55 |
| Fat | 11.61g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 21.00mg |
| Sodium | 507.04mg |
| Carbohydrates | 42.47g |
| Fiber | 11.39g |
| Sugar | 2.98g |
| Protein | 16.00g |
| Vitamin A 6717.87IU | Vitamin C 1.41mg |
| Calcium 175.22mg | Iron 3.13mg |

Salad Spinach Side MTG



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-129 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|--------------|-------------------|------------|
| SPINACH BABY CLND 2-2 RSS | 6 1/4 Gallon | | 560545 |
| TOMATO 6X6 LRG 10 MRKN | 8 1/2 Cup | +/- 7 lbs | 199001 |
| CUCUMBER SELECT 6CT MRKN | 30 Cup | +/- 10 lbs | 592323 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place spinach into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Chop cucumbers.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of spinach into individual salad bowls and top with tomato/cucumber mix. Toss and serve w/ choice of salad dressing.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable

,Updated October 2013

SLE Components

Amount Per Serving

| | |
|-------------|------|
| Meat | 0.00 |
|-------------|------|

| | |
|-----------------|------|
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.15 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|---------|
| Calories | 10.09 |
| Fat | 0.06g |
| SaturatedFat | 0.01g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 26.07mg |
| Carbohydrates | 2.20g |
| Fiber | 1.28g |
| Sugar | 0.73g |
| Protein | 0.23g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 143.83IU | Vitamin C | 2.53mg |
| Calcium | 24.03mg | Iron | 0.81mg |

Sandwich Bagel Turkey & Chs MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-130 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|--|------------|
| TURKEY PULLED WHT CKD 2-5 GCHC | 12 1/2 Pound | | 211729 |
| CHEESE AMER 160CT SLCD 4-5 GCHC | 100 Slice | | 271411 |
| LETTUCE LEAF GRN WASHED TRMD 2-5 RSS | 20 Cup | 1 leaf of lettuce (5 Heads of Lettuce) | 702595 |
| TOMATO RANDOM 2 25 MRKN | 20 Each | 1 thin slice of tomato | 508616 |
| BAGEL WHT WGRAIN 2Z 12-6CT LENDERS | 100 Each | | 230264 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

- ,1. Slice turkey.
- ,2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
- ,3. Place other half of bagel over top.
- ,4. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

,Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

,Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.20 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|-----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 282.56 | |
| Fat | | 7.27g | |
| SaturatedFat | | 3.35g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 59.17mg | |
| Sodium | | 368.82mg | |
| Carbohydrates | | 30.10g | |
| Fiber | | 4.54g | |
| Sugar | | 5.00g | |
| Protein | | 24.25g | |
| Vitamin A | 1033.04IU | Vitamin C | 5.59mg |
| Calcium | 121.19mg | Iron | 2.68mg |

Sandwich Turkey Burger MTG

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-133 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| BUN HAMB SLCD WHEAT WHL 4 10-12 GFS | 100 Each | | 517810 |
| TURKEY BRGR FLAMEBR 90-2.5Z ADV | 100 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 897690 |
| TOMATO 6X6 LRG 10 MRKN | 20 Cup | 1 slice | 199001 |
| LETTUCE ICEBERG FS 4-6CT MRKN | 1 Ounce | 1 leaf | 307769 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

- ,1. Cook chicken patty as directed on package.
- ,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
- ,3. Serve.
- ,4. Allow student to select condiment of choice.

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.10 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 276.58 | | |
| Fat | 11.08g | | |
| SaturatedFat | 2.52g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 366.85mg | | |
| Carbohydrates | 29.42g | | |
| Fiber | 6.45g | | |
| Sugar | 5.01g | | |
| Protein | 19.32g | | |
| Vitamin A | 399.88IU | Vitamin C | 4.93mg |
| Calcium | 63.70mg | Iron | 2.62mg |

Taco Walking MTG



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-134 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------|------------|
| CHIP TORTL SCOOP BKD 72-.875Z TOSTIT | 100 Package | | 696871 |
| TACO FILLING BEEF 4-5 GFS | 12 1/2 Pound | | 776548 |
| CHEESE CHED MLD SHRD FINE 4-5 GCHC | 6 1/4 Cup | | 191043 |
| SALSA 103Z 6-10 REDG | 7 Pound | READY_TO_EAT | 452841 |
| LETTUCE SHRD TACO 1/8CUT 4-5 RSS | 1 5/8 Ounce | | 242489 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

,1. In a tilt-skillet, cook beef and drain fat.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

,3. Crush individual bags of chips and open.

,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

,4. Serve.

,Child Nutrition: 1 Each provides=

,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR

,1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

,Updated October 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 1.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.19 |
| OtherVeg | 0.01 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 248.86 | | |
| Fat | 11.75g | | |
| SaturatedFat | 3.75g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 22.50mg | | |
| Sodium | 437.73mg | | |
| Carbohydrates | 24.52g | | |
| Fiber | 3.02g | | |
| Sugar | 1.76g | | |
| Protein | 10.75g | | |
| Vitamin A | 207.91IU | Vitamin C | 1.49mg |
| Calcium | 123.85mg | Iron | 1.30mg |

Toasted Cheese Sandwich



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-135 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BUTTER PRINT SLTD GRD AA 36-1 GFS | 1 1/2 Cup | | 191205 |
| BREAD WGRAIN HNY WHT 16-24Z GFS | 200 Slice | | 204822 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 200 Slice | | 150260 |

Preparation Instructions

Directions:

- ,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
- ,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
- ,3: Top each slice of bread with 2 slices (2 oz) of cheese.
- ,4: Cover with remaining bread slices.
- ,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
- ,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- ,6: CCP: Heat to 140° F or higher.
- ,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

- ,1: Comments:
- ,2: *See Marketing Guide.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 314.00 | |
| Fat | | 13.64g | |
| SaturatedFat | | 6.68g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 32.20mg | |
| Sodium | | 711.60mg | |
| Carbohydrates | | 38.00g | |
| Fiber | | 4.00g | |
| Sugar | | 7.00g | |
| Protein | | 12.00g | |
| Vitamin A | 96.00IU | Vitamin C | 0.00mg |
| Calcium | 243.00mg | Iron | 2.16mg |

WGrain Mini Strawberry WGrain MTG



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-136 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| PANCAKE STRAWB WGRAIN IW 72-3.17Z | 100 Package | READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269230 |

Preparation Instructions

- WASH HANDS.
- ,1. Preheat oven to 350°F.
- ,2. Place pouches on single layer on baking sheet.
- ,3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.
- ,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.
- ,4. Serve.
- ,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.
- ,Serving: 1 pouch provides 2 oz eq grains
- ,Updated: 12/15/2014

SLE Components

| Amount Per Serving | |
|--------------------|------|
| Meat | 0.00 |
| Grain | 2.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 220.00 |
| Fat | 6.00g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 130.00mg |
| Carbohydrates | 40.00g |
| Fiber | 3.00g |
| Sugar | 14.00g |
| Protein | 4.00g |

| | | | |
|------------------|---------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 0.72mg |

Chicken Wings Boneless WGrain



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-177 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5 | 750 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes. | 561301 |
| DRESSING HNY MSTRD PKT 100-1FLZ | 150 Each | READY_TO_EAT fully cooked | 492932 |

Preparation Instructions

Directions:

WASH HANDS.

APPLIANCES VARY, ADJUST ACCORDINGLY.

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

2. Serve and allow student to select condiment preference.

Child Nutrition: 5 pieces provides= 2 oz meat and 1 oz eq grain

Updated December 2014

Notes:

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.50 |
| Grain | 1.25 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 250.00 | | |
| Fat | 11.75g | | |
| SaturatedFat | 2.38g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 527.50mg | | |
| Carbohydrates | 18.50g | | |
| Fiber | 2.70g | | |
| Sugar | 6.00g | | |
| Protein | 17.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.25mg | Iron | 1.25mg |

Turkey & Cheese Sub on Pretzel Bun



| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-178 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| ROLL PRETZEL WGRAIN 120-2.2Z J&J | 100 Each | | 500162 |
| TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO | 200 Ounce | | 244190 |
| American Cheese Sliced RF | 50 Ounce | | 666204 |

Preparation Instructions

Assemble bagel sandwich place 2 oz. sliced turkey and 1 slice of American Cheese on a pretzel bun.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.17 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 214.17 | | |
| Fat | 5.00g | | |
| SaturatedFat | 2.13g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 18.75mg | | |
| Sodium | 258.33mg | | |
| Carbohydrates | 29.50g | | |
| Fiber | 3.00g | | |
| Sugar | 2.25g | | |
| Protein | 12.42g | | |
| Vitamin A | 15.00IU | Vitamin C | 0.00mg |

Calcium 70.00mg **Iron** 1.92mg

Beef & Cheese Nachos

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-179 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5# COMM | 450 Ounce | | 722330 |
| TORTILLA YELLOW RND 40-2Z BRRLOFUN | 150 Package | | 682210 |
| CHEESE CHED MLD SHRD 4-5# COMM | 37 1/2 Cup | | 150250 |

Preparation Instructions

BEEF TACO FILLING COOKING INSTRUCTIONS:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT. Heat to an internal temperature of 165 degree F for at least 15 seconds.

Top 2oz. tortilla chips with 3oz (1/3 cup or #12 scoop) and 1/4 cup shredded cheese.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.89 |
| Grain | 2.50 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.12 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 485.43

Fat 24.64g

SaturatedFat 9.20g

Trans Fat 0.27g

Cholesterol 63.12mg

Sodium 686.25mg

Carbohydrates 45.73g

Fiber 5.89g

Sugar 1.89g

Protein 22.11g

Vitamin A 610.41IU **Vitamin C** 4.73mg

Calcium 241.80mg **Iron** 2.89mg

Rolls (Yeast)



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Grain |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-1132 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|-------------------|------------|
| YEAST DRY 12-2 RDSTR | 3 Ounce | | 453722 |
| FLOUR ULTRAGRAIN 50 HLCHC | 1 Gallon | | 515002 |
| MILK PWD FF INST 6-5 P/L | 3 Cup | | 311065 |
| SUGAR CANE GRANUL 25 GFS | 2 Cup | | 108642 |
| SALT IODIZED 24-26Z GFS | 1/4 Cup | | 108308 |
| OIL SALAD VEG SOY CLR NT 6-1GAL GCHC | 2 Cup | | 292702 |
| MARGARINE SLD 30-1 GCHC | 2 Tablespoon | | 733061 |

Preparation Instructions

Directions:

Dissolve dry yeast in warm water. Let stand for 4-5 minutes

Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.

Add oil and blend for approximately 2 minutes on low speed.

Add water. Mix for 1 minute for 2 minutes on low speed.

Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

Add dissolved yeast and mix for 2 minutes on low speed.

Place dough in warm area (about 90° F) for 45-60 minutes

Punch down dough to remove air bubbles.

Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 5 across and 10 down on sheet

pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Place in a warm area (about 90° F) until double in size, 30-50 minutes.

Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes

Optional: Brush lightly with melted margarine (approximately 1 Tbsp per pan) while warm.

Notes:

1: Special Tip:

2: To use high-activity (instant

3:) yeast, follow di

4: rections below or manufacturer's

5: instructions.

6: For 50 servings, omit step 1. In step

7: 2, add ¼ cup high-activity (instant)

8: yeast. Continue with step

9: 3. In step 4, add 1 qt wa

10: ter (110° F). Omit step 5.

11: In step 6, knead for 10 minute

12: s. Continue with steps 7-12.

13: For 100 servings, omit step 1. In step

14: 2, add 2 ½ oz (½ cup) high-activity

15: (instant) yeast. Continue with step 3. In

16: step 4, add 2 qt water (110° F). Omit

17: step 5. In step 6, knead for 10

18: minutes. Continue with steps 7-12.

19: Variation:

20: A. Frankfurter Rolls

21: 50 and 100 servings: Follow steps 1-8. In step 9, shape 2 oz pieces of dough to approximately 2 1/2" x 6 1/2".

Place rolls in rows of 8 down and 4 across on sheet pans which have been lightly coated with pan release spray.

Continue with steps 10-12.

22: B. Hamburger Rolls

23: 50 and 100 servings: Follow steps 1-8. In step 9, shape and flatten 2 oz pieces of dough to approximately 4" in

diameter. Place rolls in rows of 6 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

24: C. Wheat Rolls

25: 50 servings: Follow step 1. In step 2 use 1 lb 13 oz (1 2 1/2 cups) Whole wheat/enriched blend flour and 1 lb 13 oz (1 qt 2 3/4 cups) whole wheat flour. Continue with steps 3-12.

26: 100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) Whole wheat/enriched blend flour and 3 lb 10 oz (3 qt 1 1/2 cups) whole wheat flour. Continue with steps 3-12.

27: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |

| | |
|-----------------|------|
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 133.68 |
| Fat | 5.13g |
| SaturatedFat | 0.87g |
| Trans Fat | 0.08g |
| Cholesterol | 0.45mg |
| Sodium | 295.75mg |
| Carbohydrates | 19.27g |
| Fiber | 1.56g |
| Sugar | 4.93g |
| Protein | 3.62g |

| | | | |
|------------------|---------|------------------|--------|
| Vitamin A | 15.00IU | Vitamin C | 0.00mg |
| Calcium | 5.87mg | Iron | 0.84mg |

Marinated Cole Slaw



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-1600 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|---------------|-------------------|------------|
| VINEGAR APPLE CIDER 5 4-1GAL GFS | 10 Cup | | 430795 |
| OIL SALAD VEG CLR NT 35 GCHC | 7 1/2 Cup | | 107999 |
| SUGAR CANE GRANUL XTRA FINE 25# | 7 1/2 Cup | | 151343 |
| SEASONING SALT 32Z BADIA | 10 Teaspoon | | 430947 |
| SPICE PEPR BLK GRND TABLE 16Z BADIA | 10 Tablespoon | | 430989 |
| SPICE MUSTARD GRND 14Z TRDE | 10 Teaspoon | | 224928 |
| SPICE CELERY SEED WHOLE 16Z TRDE | 10 Teaspoon | | 224677 |
| CABBAGE GREEN SHRD 5-3 | 100 Cup | | 607740 |
| ONION RED MED/LRG 5-10 | 7 1/2 Cup | Thinly sliced | 414951 |
| PEPPERS GREEN 12CT P/L | 7 1/2 Cup | Thinly sliced | 100995 |

Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.33 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

| | | | |
|---------------------------|----------|------------------|---------|
| Amount Per Serving | | | |
| Calories | | 165.40 | |
| Fat | | 11.23g | |
| SaturatedFat | | 1.77g | |
| Trans Fat | | 0.20g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 104.37mg | |
| Carbohydrates | | 15.68g | |
| Fiber | | 2.12g | |
| Sugar | | 12.53g | |
| Protein | | 1.46g | |
| Vitamin A | 109.93IU | Vitamin C | 43.60mg |
| Calcium | 51.06mg | Iron | 0.24mg |

Eggs Scrambled USDA

NO IMAGE

| | | | |
|----------------------|----------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 #16 Scoop | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-1601 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|--------------|-------------------|------------|
| EGG SHL LRG A GRD 6-30CT GCHC | 100 Each | | 206539 |
| MILK PWD FF INST 6-5 P/L | 6 1/2 Ounce | | 311065 |
| SALT KOSHER 12-3 DIAC | 1 Tablespoon | | 424307 |

Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 55.20 | | |
| Fat | 2.89g | | |
| SaturatedFat | 0.89g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 117.65mg | | |
| Sodium | 114.56mg | | |
| Carbohydrates | 2.36g | | |
| Fiber | 0.00g | | |
| Sugar | 2.36g | | |
| Protein | 5.08g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.12mg | Iron | 0.50mg |

Sun Butter Hummus



| | | | |
|----------------------|---------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 #8 Scoop | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-1635 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|---|------------|
| BEAN GARBANZO 6-10 GFS | 2 5/8 Gallon | | 118753 |
| JUICE LEMON 4-1GAL GFS | 1 1/2 Quart | | 529191 |
| SPREAD SUNFLWR SD 2-5# SUNBUTTER | 1 1/2 Quart | READY_TO_EAT To be used as a replacement for peanut butter, ie: sunbutter and jelly sandwiches, dip for fruit, crackers, and veggies. Can be baked in cookie recipes or any recipes calling for PB. When substituting SB in peanut butter recipes (baking only) it may be necessary to reduce the baking soda or baking powder by approx 1/3 otherwise when the product cools down a green color may result. This is not harmful to eat however it is not very appealing. | 149011 |
| GARLIC CLOVES SML NAT RSTD 8-1 | 2 1/4 Cup | | 624211 |
| SPICE PEPR BLK COARSE GRND 16Z TRDE | 2 Tablespoon | | 518322 |

Preparation Instructions

Directions:

Combine all ingredients in a food processor and puree to a smooth consistency.

Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service.

Portion with No. 8 scoop (½ cup).

Notes:

1: Comments:

2: *See Marketing Guide.

3: Special Tip:

4: Serve with pita bread;

5: warning for service - contains sunflower seed butter

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.16 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 188.67 | | |
| Fat | 9.83g | | |
| SaturatedFat | 1.38g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 313.95mg | | |
| Carbohydrates | 18.69g | | |
| Fiber | 5.20g | | |
| Sugar | 3.95g | | |
| Protein | 8.41g | | |
| Vitamin A | 1.05IU | Vitamin C | 0.00mg |
| Calcium | 65.55mg | Iron | 1.39mg |

Chicken Wings



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 5.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-3513 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| CHIX BNLS WNG GLDNCRSP WGRAIN 4-7.5 | 500 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes. | 561301 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00 Each

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 200.00 |
| Fat | 8.75g |
| SaturatedFat | 1.88g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 337.50mg |
| Carbohydrates | 12.50g |
| Fiber | 2.50g |
| Sugar | 0.00g |

| | | | |
|------------------|---------|------------------|--------|
| Protein | 17.50g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.25mg | Iron | 1.25mg |

Sausage Egg Biscuit



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-3876 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| SAUSAGE PTY STHRN 1.33Z 6-5 JTM | 100 | BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes. | 785880 |
| BISCUIT STHRN STYL EZ SPLT 216-2.2Z | 100 | BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions. | 866920 |
| EGG SCRMBD PTY RND 3.25 200-1Z GFS | 100 | CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN. | 462519 |
| CHEESE SLCD BLND 6- 5 COMM | 50 Slice | | 150600 |

Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, sausage, 1/2 slice of cheese, top of biscuit.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 *F.

SLE Components

Amount Per Serving

| | |
|--------------|------|
| Meat | 2.25 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 0.00

Amount Per Serving

| | |
|----------------------|----------|
| Calories | 386.00 |
| Fat | 23.00g |
| SaturatedFat | 10.20g |
| Trans Fat | 0.00g |
| Cholesterol | 108.50mg |
| Sodium | 842.00mg |
| Carbohydrates | 28.00g |
| Fiber | 1.00g |
| Sugar | 4.00g |
| Protein | 16.00g |

| | | | |
|------------------|----------|------------------|--------|
| Vitamin A | 56.00IU | Vitamin C | 0.00mg |
| Calcium | 111.00mg | Iron | 1.08mg |

Strawberry Chocolate Parfait



| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 8.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-3877 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|----------------|---|------------|
| SPRINKLES CHOC DECOR 25Z GFS | 100 Teaspoon | Sprinkle on top to finish | 421600 |
| SYRUP CHOC 24-24Z HERSH | 200 Tablespoon | 2 Tbsp per parfait | 433941 |
| YOGURT VAN L/F 6-32Z DANN | 50 Cup | | 541966 |
| Strawberry Cup | 50 Cup | Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420 | 100256 |

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|---|------------|
| GRANOLA BAG IW 144-1Z FLDSTN | 100 | READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs. | 649742 |

Preparation Instructions

Assemble ingredients in to- go parfait cup.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| Grain | 1.00 |
| Fruit | 0.50 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Serving

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 344.40 | | |
| Fat | 6.40g | | |
| SaturatedFat | 1.70g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 7.50mg | | |
| Sodium | 162.80mg | | |
| Carbohydrates | 66.44g | | |
| Fiber | 3.32g | | |
| Sugar | 45.50g | | |
| Protein | 8.71g | | |
| Vitamin A | 50.64IU | Vitamin C | 0.00mg |
| Calcium | 179.95mg | Iron | 1.07mg |

Cereal Bar & String Cheese



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-3878 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| BAR CEREAL CINN TST WGRAIN 96-1.42Z | 100 | READY_TO_EAT Ready to eat cereal bars | 265891 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 100 | | 786580 |

Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 1.00 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories 230.00

Fat 9.00g

SaturatedFat 4.50g

Trans Fat 0.00g

Cholesterol 20.00mg

Sodium 315.00mg

Carbohydrates 32.00g

Fiber 3.00g

Sugar 9.00g

Protein 9.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 218.00mg **Iron** 10.00mg

HAMBURGER



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-3879 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|---|------------|
| CN Fully Cooked Beef Burger | 100 Each | BAKE Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F. | |
| BUN HAMB SLCD 4 10-12CT GFS | 100 1each | THAW AND SERVE | 763233 |

Preparation Instructions

BAKE

Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|----------------------|----------|
| Calories | 206.90 |
| Fat | 5.80g |
| SaturatedFat | 0.40g |
| Trans Fat | 0.25g |
| Cholesterol | 20.00mg |
| Sodium | 287.70mg |
| Carbohydrates | 28.00g |

| | | | |
|------------------|---------|------------------|--------|
| Fiber | 0.90g | | |
| Sugar | 4.00g | | |
| Protein | 10.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 1.40mg |
| Calcium | 34.38mg | Iron | 1.90mg |

Woodford Salad



| | | | |
|----------------------|--------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-3880 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE HERITAGE BLND 4-2 | 100 | | 165761 |
| Grape Tomatoes | 100 | | 749041 |
| CUCUMBER 1-24CT P/L | 100 | | 238653 |
| CARROT SHRD 2-2.5 | 100 | | 607720 |

Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.50 |
| RedVeg | 0.25 |
| OtherVeg | 0.13 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

| | |
|----------------------|--------|
| Calories | 15.30 |
| Fat | 0.10g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 6.00mg |
| Carbohydrates | 3.50g |
| Fiber | 1.30g |
| Sugar | 1.50g |

| | | | |
|------------------|----------------|------------------|---------------|
| Protein | | 0.80g | |
| Vitamin A | 54.60IU | Vitamin C | 1.46mg |
| Calcium | 18.32mg | Iron | 0.51mg |

Ham & Cheese Sandwich



| | | | |
|----------------------|--------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 6.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-3881 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-----------------------|-------------------|------------|
| HAM FZ W/A 4-10 COMM | 200 Ounce | | 110600 |
| BREAD WGRAIN HNY WHT 16-24Z GFS | 200 1 piece/ 34 grams | | 204822 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 100 | | 150260 |
| MUSTARD PKT 1000-1/5Z HNZ | 100 | | 302112 |
| MAYONNAISE OLIVE OIL R/F 200-12.4GM | 100 | | 131011 |

Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.17 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

Amount Per Serving

| | |
|----------------------|-----------|
| Calories | 331.67 |
| Fat | 13.33g |
| SaturatedFat | 4.17g |
| Trans Fat | 0.00g |
| Cholesterol | 42.50mg |
| Sodium | 1001.67mg |
| Carbohydrates | 42.33g |

| | | | |
|------------------|----------|------------------|--------|
| Fiber | | 4.00g | |
| Sugar | | 8.17g | |
| Protein | | 17.33g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 161.50mg | Iron | 2.16mg |

Macaroni Pasta Salad



| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 5000.00 | Category: | Grain |
| Serving Size: | 0.50 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-3882 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| SALAD PASTA MACAR 3-10 GFS | 1000 Pound | | 738131 |
| Grape Tomatoes | 100 cup | | 749041 |
| CUCUMBER 1-24CT P/L | 100 Cup | | 238653 |
| CHEESE CHED REDC FAT SHRD 6-5 COMM | 100 cup | | 448010 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.25 |
| Grain | 1.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.25 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 5000.00

Serving Size: 0.50 Serving

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 133.76 |
| Fat | 8.92g |
| SaturatedFat | 1.48g |
| Trans Fat | 0.00g |
| Cholesterol | 8.40mg |
| Sodium | 332.02mg |
| Carbohydrates | 10.86g |
| Fiber | 0.41g |

| | |
|--------------------------|-------------------------|
| Sugar | 2.82g |
| Protein | 1.75g |
| Vitamin A 41.09IU | Vitamin C 0.51mg |
| Calcium 8.17mg | Iron 0.44mg |

Cheesy Bean Twister Sandwich



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-3934 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|--|------------|
| BREAD ULTRA LOCO WGRAIN 6.5 12-12CT | 100 Each | THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen | 696831 |
| BEAN REFRD 6-10 GRSZ | 3 1/4 Gallon | | 293962 |
| TOMATO DCD I/JCE MW 6-10 GFS | 1 5/8 Gallon | | 246131 |
| CHEESE CHED MLD SHRD FINE 4-5 GCHC | 5 Cup | | 191043 |

Preparation Instructions

WASH HANDS.

1. Place bread on parchment-lined or pan-sprayed full sheet pan to thaw.
2. Spread each piece of bread with 1/2 cup beans to within 1/2 inch from the edge. Top with tomatoes and shredded cheese.
3. Roll up to form a log. Cut the log in 1/2.
4. Bake for 11-15 minutes at 350 for a convection oven, or 16-20 minutes at 400 degrees in a standard oven.
CCP: Final internal cooking temperature must reach a minimum of 135°F, held for a minimum of 15 seconds.
CCP: Hot food held for later service must maintain a minimum internal temperature of 135°F.
5. Serve within 3 hours.

Child Nutrition: 1 Each (2 halves) provides=

2 oz eq grains, 1/2 cup beans/peas, 1/4 cup red/orange vegetable, and 1 oz meat alternate

OR

2 oz eq grains, 3 oz meat/meat alternate, and 1/4 cup red/orange vegetable

Updated October 2013

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.52 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 330.40 |
| Fat | 6.88g |
| SaturatedFat | 1.52g |
| Trans Fat | 0.00g |
| Cholesterol | 6.00mg |
| Sodium | 860.44mg |
| Carbohydrates | 52.68g |
| Fiber | 9.75g |
| Sugar | 3.58g |
| Protein | 14.23g |
| Vitamin A 444.00IU | Vitamin C 4.61mg |
| Calcium 207.76mg | Iron 3.89mg |

Chicken Patty Sandwich



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-3936 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| BUN HAMB SLCD WHEAT WHL 4 10-12 GFS | 100 Each | | 517810 |
| CHIX PTY BRD WGRAIN 3.26Z 4-7.7 | 100 Each | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 558061 |
| LETTUCE ICEBERG FS 4-6CT MRKN | 200 Piece | 2 Leafs of Lettuce | 307769 |
| TOMATO 6X6 LRG 10 MRKN | 100 Slice | 1 Slice of Tomato | 199001 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 2.50 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.10 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 379.81 | | |
| Fat | 15.08g | | |
| SaturatedFat | 2.52g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 588.47mg | | |
| Carbohydrates | 42.07g | | |
| Fiber | 8.77g | | |
| Sugar | 5.33g | | |
| Protein | 19.32g | | |
| Vitamin A | 299.88IU | Vitamin C | 4.93mg |
| Calcium | 81.93mg | Iron | 3.18mg |

Scrambled Eggs



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 0.33 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-4165 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| EGG SCRMBD CKD FZ 4-5 GFS | 33 Cup | | 584584 |

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 70.00 | | |
| Fat | 4.00g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 125.00mg | | |
| Sodium | 220.00mg | | |
| Carbohydrates | 1.00g | | |
| Fiber | 0.00g | | |
| Sugar | 1.00g | | |
| Protein | 6.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 38.00mg | Iron | 1.00mg |

Beef Taco



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7774 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|--------------|--|------------|
| TORTILLA FLOUR 6 PRSD 24-12CT LAFRO | 150 Each | | 702633 |
| TACO FILLING BEEF REDC FAT 6-5# COMM | 28 1/8 Pound | 4/5# bags Use scoop #16 | 722330 |
| CHEESE CHED MLD SHRD 4-5# COMM | 1 1/2 Gallon | 1/5# bags use scoop #30 | 150250 |
| LETTUCE BLND ROMAINE MXD 4-5 RSS | 3/4 Cup | 6.25 # of lettuce serve 1/2 cup lettuce per taco | 755826 |
| TOMATO ROMA DCD 3/8 2-5 RSS | 9 3/8 Pound | Use scoop # 30 1 oz. of diced tomatoes per taco | 786543 |

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 2.53 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.12 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 302.71 | |
| Fat | | 12.80g | |
| SaturatedFat | | 6.84g | |
| Trans Fat | | 0.27g | |
| Cholesterol | | 52.33mg | |
| Sodium | | 596.93mg | |
| Carbohydrates | | 24.39g | |
| Fiber | | 3.50g | |
| Sugar | | 6.90g | |
| Protein | | 19.36g | |
| Vitamin A | 610.52IU | Vitamin C | 4.73mg |
| Calcium | 198.25mg | Iron | 2.25mg |

Salad Cucumber Creamy MTG



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-7775 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|----------------|-------------------|------------|
| MAYONNAISE 4-1GAL HELM | 7 1/2 Quart | | 106933 |
| VINEGAR WHT DISTILLED 5 4-1GAL GFS | 2 1/2 Cup | | 629640 |
| SPICE DILL WEED 5Z TRDE | 1 1/4 Cup | | 513938 |
| SPICE PEPR WHITE GRND 17Z TRDE | 2 1/2 Teaspoon | | 513776 |
| SPICE ONION MINCED 12Z TRDE | 1 1/4 Cup | | 513997 |
| SUGAR CANE GRANUL 25 GFS | 12 1/2 Ounce | | 108642 |
| CUCUMBER SELECT SUPER 45 MRKN | 55 Pound | | 198587 |

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Notes:

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.26 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 438.03 | | |
| Fat | 48.04g | | |
| SaturatedFat | 7.20g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 23.99mg | | |
| Sodium | 432.41mg | | |
| Carbohydrates | 1.60g | | |
| Fiber | 0.17g | | |
| Sugar | 1.05g | | |
| Protein | 0.17g | | |
| Vitamin A | 30.03IU | Vitamin C | 0.80mg |
| Calcium | 4.58mg | Iron | 0.08mg |

Bagel and Cream Cheese

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-7942 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BAGEL WHT WGRAIN IW 72-2Z LENDER | 100 Each | Keep frozen until ready to use. Thaw at room temp | 217911 |
| BAGEL BLUEB WGRAIN IW SLCD 72- 2.25Z | 100 Each | thaw at room temp | 739631 |
| CHEESE CREAM STRAWB CUP 100- 1Z GCHC | 100 Each | Keep in refrigerator | 863106 |
| CHEESE CREAM LT CUP 100-1Z GCHC | 100 Each | Keep in refrigerator | 549762 |

Preparation Instructions

thaw bagels at room temp and place on serving line. Place cream cheese cups on ice pack and place on serving line

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 2.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| | |
|---------------------------|----------|
| Amount Per Serving | |
| Calories | 290.00 |
| Fat | 12.50g |
| SaturatedFat | 8.50g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 345.00mg |
| Carbohydrates | 33.00g |
| Fiber | 4.00g |

| | | | |
|------------------|----------|------------------|--------|
| Sugar | | | 6.00g |
| Protein | | | 9.00g |
| Vitamin A | 600.00IU | Vitamin C | 1.20mg |
| Calcium | 80.00mg | Iron | 1.80mg |